

Santa Clara Senior Center *News*

April 2010



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City of Santa Clara Parks and Recreation Department
Senior Center
1303 Fremont St., Santa Clara, CA 95050
(408) 615-3170 • www.santaclaraca.gov



ANNOUNCEMENTS

Free Tax Service for Seniors 50+

AARP Tax Aide volunteers will be here on Tuesdays and Thursdays through Thursday, April 15 to help you with your Year 2009 Federal and State Income Tax Returns. **Please note:** the volunteers are not trained to prepare tax forms that report business, rental, or partnership income.

You must be 50 years of age or older. Please bring the following with you when you come for your appointment:

1. Valid photo identification and taxpayer identification number(s) (Social Security Number).
2. Birth dates of all individuals to appear on the return and proof of age 50.
3. Bank routing numbers and an account number for direct deposit.
4. Copies of your Tax Returns and supporting documents you filed for Year 2008.
5. Your Tax Forms & Instructions Booklets for the Year 2009 (if available).
6. Your W-2 Forms from each employer for Year 2009.
7. Your 1099 G Forms, for Unemployment Compensation for Year 2009.
8. Your SSA-1099 Forms, for Social Security received in Year 2009.
9. All 1099 Forms (1099 INT, 1099 DIV, 1099-R, 1099 MISC) for interest, Dividends, Pensions, Annuity, IRA Distributions, and Miscellaneous Income received in Year 2009.
10. Your Cost Basis and Acquisition Date for the sale, or exchange, of Stocks, Bonds, etc., in Year 2009 Form 1099-B.
11. Your record of Withholding and Estimated Tax payments for Year 2009. (Forms 1040-ES and 540 ESS).
12. If you plan to Itemize Deductions, please bring a consolidated list of your Year 2009 Medical Expenses, Contributions of cash or goods, Tax Payments, Home Mortgage Interest Payments, and Miscellaneous deductions.

“Call the center office to make an appointment”. **Appointments are required.**

“Paws for a Cause” Benefit Bingo Spaghetti Feed

Friday April 23 · 5:00-9:00 pm · Santa Clara Senior Center

\$10 per ticket/Pre-sale Only, No Tickets Will be Sold at the Door

(includes spaghetti dinner, 2 bingo cards and one raffle ticket) Join the Youth Commission as they once again help to raise money for our “furry little friends” at the Silicon Valley Animal Control Authority. Through the Animal Assistance program, staff are able to give specialized veterinary care to rehabilitate sick and injured animals and give them a second chance. For more information about the event, call (408) 615-3740

Senior Center News: Back Story

By: Dana Romagnoli

Spring is here and the sun is back. It is time to take advantage of the Senior Center’s relaxing patio. This peaceful space is perfect for reading, eating lunch, or soaking up some vitamin D. If you haven’t done so already take a look at the new redwood bench encircling the elm tree on the patio. A special thank you goes out to Eagle Scout Kevin Tee of Boy Scout Troup #74. Kevin completed his Eagle Scout project in October 2009. Kevin designed the bench, coordinated a work team of fellow Scouts, and oversaw construction and finishing of the benches. Also contributing towards the effort was volunteer Tom Freitas who consulted with Kevin on design and supervised the work done on site. Kevin’s project provides additional seating on our patio, a comfortable place to relax. On behalf of the Senior Center we thank you, Kevin.

ANNOUNCEMENTS

Jazzercise with Jerome!

Join Jerome as he brings his fun filled, energizing and rejuvenating jazz technique-based program to mornings at the Santa Clara Senior Center. Classes are Monday & Wednesday mornings, 7:30-8:30 a.m. Registration available at the Santa Clara Senior Center.

Clutter Masters

**2nd and Last Thursday of each month
10:30 a.m.-12:00 p.m.**

If you are struggling to manage an overwhelming number of belongings, come join us for support and information. We meet on the 2nd and the last Thursdays of each month (unless there is a holiday), 10:30 a.m.-12 noon, upstairs in Room 232. For more information, please call the Health & Wellness Program nurses. There is no fee and all are welcome to attend.

Newcomers Social

Thursday, April 15, 10:30 a.m.

Come to our Newcomer's Social meeting. We will introduce you to many services and activities that our Center has to offer. You will be given a tour of the building and light refreshments will be served. We look forward to meeting you. For more information call the Senior Center office at (408) 615-3170.

Men's League Luncheon

Thursday, April 22 • 11:30 a.m.

Purchase your lunch ticket for April, no later than Tuesday, April 20th at the Senior Center front office.

Senior Advisory Commission Meeting

Meeting held the 4th Monday of the month. Open to the public. Meeting agendas are posted in the Senior Center lobby. Senior Commissioners are listed on the back page.

Santa Clara Women's League

New Members Wanted

The purpose of this organization is to support the Santa Clara Senior Center Health and Wellness Program. They host two major fundraisers a year. Membership flyers are available at the Santa Clara Senior Center

Games, Games, Games!!!

This group plays all kinds of games; dominos, mexican train, dice, card games, board games and more. You name it, we'll play it. Refer to calendar for days and times.

Bridge Anyone

Tuesdays • 12:00-3:00 p.m.

Wednesdays • 9:00-11:30 a.m.

All bridge players are welcome.

Canasta and Pinochle

Tuesdays 12:00-3:00 p.m.

There is also a Saturday Canasta group that meets Saturday from 11:00 a.m.-2:45 p.m.

Lapidary

Thursday and Friday 9:00 a.m.-1:30 p.m.

Save on Medicare Costs

If you need assistance paying for Medicare, you may want to find out more about the "Extra Help" program for prescription drug costs. As of January 1, there have been changes to the income and resource limits to qualify for the Extra Help program. It's easy to check whether you qualify. Get more information by contacting the Senior Center case manager or go online to www.ssa.gov/prescriptionhelp/index.htm

Target Heart Rate Class

Thursday, April 22 • 10-11 a.m., in the Fitness Center

This is a repeat of the March class, "How Fast Should I Be Going on This Thing Anyway?" Join Mallory, one of our Health & Wellness RNs, for a 45 minute discussion about using your target heart rate to pace yourself during your workouts. Finding your pulse and determining your target heart range allows you to maximize your exercise efforts while making sure you don't overdo it. This overview does not show how to use the machines or provide individual workout advice, but will teach you basic fitness concepts to help you get every ounce of "good" out of your hard work. Please sign up at the front desk. We will meet on the day of the class in the fitness center. You will need to check in at the fitness desk, so be sure to bring your Senior Center ID or come early to get a temporary.

ANNOUNCEMENTS

Springtime Greetings from the Health & Wellness nurses!

A very enthusiastic thank you to the Women's League and Showtime cast/crew (and hey, didn't we see a couple of Men's Leaguers in the parking lot?!) for a terrific time at this year's production, "The Capture of the Mississippi Belle!" We cheered, we sang, we boo'd, we laughed – it was a wonderful event and we so, so appreciate all the hard work we know it took to pull it off so seamlessly. Thanks to you all for supporting the Health & Wellness Program. We are grateful.

While lots of people make New Year's resolutions, spring is a time of renewal for many. Getting and staying motivated is key to successfully achieving your goals, whether it's to improve your cardiovascular fitness, bring your blood sugar into line with your doctor's recommendations, or increase meaningful connections within the community. Jodie and Mallory are available to help you explore your goals, and to help you understand your motivators and barriers. Book an appointment with the front desk and let's work together to determine what will help you stay forward-moving. We want to be your best cheerleaders!

Get up, get moving, and we wish you well!

–Mallory and Jodie

Wood Shop

The wood shop is open Tuesday's and Thursday's from 8:00 a.m.-12:00 p.m. If you have any projects, repairs, or ideas to share drop in and join the volunteers. Registration/Release is needed.

Walk 'n' Talk

Wednesdays 10:00–11:00 a.m.

Join us in the lobby on for a self-paced walk through the neighborhood. When were finished, we'll meet on the patio for some friendly conversation.

Case Management

The Case Management Program serves adults (aged 60 and over) in Santa Clara, who need help to live at home independently. The case manager does an in-home assessment, determines eligibility for assistance programs, refers services, assists with applications, and monitors clients. Office consultation appointments are also available. If you need case management services, or know somebody that does, please call (408) 615-3170.

Nursing Consultation Office Visits

The Health & Wellness Program provides health information, education, and referral without charge to our seniors. For more information or to schedule an appointment with one of the RNs, please call (408) 615-3170.

Health Insurance Counseling Services

The Santa Clara County Health Insurance Counseling and Advocacy Program (HICAP) offers free assistance and information on Medicare related issues. Call the Center office for an appointment.

SALA Appointments

Free legal assistance for certain types of civil legal matter is available at the Center by appointment. You must be 60 years or older and a resident of Santa Clara County. Call the Center office for more information or to schedule an appointment. For issues requiring immediate attention please call SALA directly at 408 295-5991

Monday Morning Movies at

Santa Clara City Library

April 26 • All movies start at 10am.

Enjoy watching a free movie with your friends at the Central Park Library on 2635 Homestead Road. Movies are shown on the big screen in the Cedar Room on the first floor of the library. Light refreshments are served. *(The library's licensing agreement doesn't permit advertising the names of the movies shown. But if you want to be in on the secret, just call (408) 615-2916 and ask for Susan. She'll tell you!)*

ANNOUNCEMENTS

Did You Know?

ICE stands for "In Case of Emergency". If you were in an accident or taken ill the people attending you might not know how to contact your family. If you have a cell phone, store the name/s of emergency contacts by entering ICE 1 (name/number), ICE 2 (name/number) etc. This idea was originated by a paramedic who found a cell phone on the scene of an emergency and although many names were listed, there was no way to know who to call. Enter your ICE numbers into your cell phone now and encourage your friends to do the same. It may save your life or the life of a loved one.

AARP Driver Safety Program

Saturday May 15 & 22

You must attend both sessions. Classes held at the Santa Clara Senior Center. Applications available at the Center office.

Stay Vital: Senior Driver Safety Seminar

Presented by the California Highway Patrol

Wednesday, May 12 • 9:00 a.m.-1:00 p.m.

Santa Clara Senior Center

Stay Vital is designed for active senior drivers who want to learn how to continue driving safely for as long as possible. Topics include rules of the road, safe driving tips, how to compensate for age-related changes, what to expect on the driver re-examination process, the role of nutrition, fitness, and medication, and a brief introduction to public transportation by VTA. Pre-registration is required. Please call (408) 615-3170 to register for this free program.



Lunchtime Nutrition Program

Served Monday-Friday at 11:30 a.m. • \$2.50 donation.

We are pleased to invite citizens who are 60 years of age or older to have lunch with us. Please make your reservation in the morning two days in advance by calling Angie Sivila at (408) 615-3174.

New Day! Free Notary Service

Nathan Ganeshan of Nathannotary, Notary Public, is available by appointment on Friday mornings from 8:00-9:00 a.m. beginning April 9. This free service is available to seniors age 50 and over. All signers must be present. All signers must provide photo identification consisting of either a valid driver's license, state issued ID card, or passport. Your name on the identification card must match the name on the document/s to be notarized. Santa Clara Senior Center fitness/natatorium cards are not valid identification for notary purposes. Loan and mortgage documents are not included in this free service. Appointments are made in 15 minute increments. Please call the Senior Center to set up your appointment. Please let the Senior Staff know how many documents are to be notarized when you book your appointment.

Tuesday and Thursday Night Ballroom Dancing

7:30-10:30 p.m.

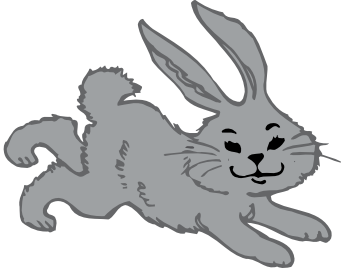
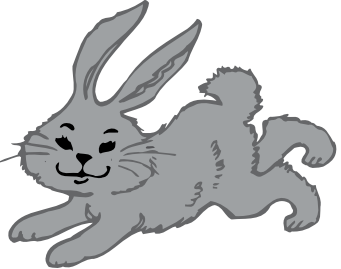


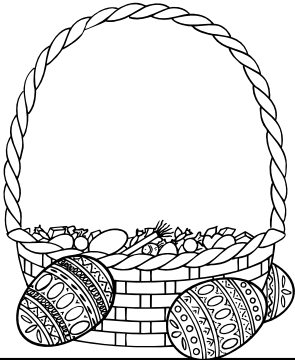
Live Band: \$6/D.J.: \$5 (Exact change would be appreciated)

Refreshments • No Partners Needed

Tuesday evenings – The dance lesson will be the Tango

Thursday evenings – The dance lesson will be the Foxtrot

See calendar for schedule.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div></div><div></div><div></div></div>						
				<div>1</div> <div>Computer Lab Closed</div> <div>Billiard/Fitness Rm 7-6:30</div> <div>Snack Bar 8-4</div> <div>Cards-Poker 8-10:30</div> <div>Lapidary 9-1:30</div> <div>Wood Shop Lab 8-12</div> <div>Nutrition Meal 11:30</div> <div>Thursday Night Dance</div> <div>THE CASUALS • 7:30-10:30pm</div>	<div>2</div> <div>CENTER CLOSED</div> <div>SPRING HOLIDAY</div>	<div>3</div> <div>Billiards, Computer Lab, Fitness, Lap and Warm Water Pool, Snack Bar 9-2:30</div> <div>Canasta 11-2:30</div>
<div>4</div> <div>CENTER CLOSED</div> <div></div>	<div>5</div> <div>Snack Bar 8-4</div> <div>Billiard/Fitness Rm 7-6:30</div> <div>Computer Lab 7-6:30</div> <div>Cards-Poker 8-10:30</div> <div>Nutrition Meal 11:30</div> <div>Games, Games, Games 1-3</div>	<div>6</div> <div>Computer Lab Closed</div> <div>Snack Bar 8-4</div> <div>Billiard/Fitness Rm 7-6:30</div> <div>Wood Shop Lab 8-12</div> <div>Medicare/Hicap by Appt. 10-12</div> <div>Cards-Poker 8-10:30</div> <div>Bridge/Pinochle/Canasta 12-3</div> <div>Nutrition Meal 11:30</div> <div>Bingo 12:15-2:15</div> <div>TGA Tuesday Dance</div> <div>COLIN DICKEY, DJ • 7:30-10:30pm</div>	<div>7</div> <div>DAFFODIL HILL & IRONSTONE VINEYARD 7:30</div> <div>Computer Lab Closed 8:30-11</div> <div>Billiard/Fitness Rm 7-6:30</div> <div>Snack Bar 8-4</div> <div>Cards-Poker 8-10:30</div> <div>Bridge 9-11:30</div> <div>Blood Pressure Drop-In 9:30-11:30</div> <div>Walk 'n' Talk 10</div> <div>Nutrition Meal 11:30</div> <div>Games, Games, Games 1-3</div> <div>Legal by Appt. 1-3</div>	<div>8</div> <div>Computer Lab Closed</div> <div>CLUTTER MASTERS 10:30</div> <div>Billiard/Fitness Rm 7-6:30</div> <div>Snack Bar 8-4</div> <div>Cards-Poker 8-10:30</div> <div>Lapidary 9-1:30</div> <div>Wood Shop Lab 8-12</div> <div>Nutrition Meal 11:30</div> <div>Thursday Night Dance</div> <div>GERI FOLEY, DJ • 7:30-10:30pm</div>	<div>9</div> <div>Billiards/Fitness Rm 7-4:30</div> <div>Computer Lab 7-4:30</div> <div>Snack Bar 8-4</div> <div>Notary 8-9</div> <div>Lapidary 9-1:30</div> <div>Nutrition Meal 11:30</div> <div>Bingo 12:15-2:15</div>	<div>10</div> <div>Billiards, Computer Lab, Fitness, Lap and Warm Water Pool, Snack Bar 9-2:30</div> <div>Canasta 11-2:30</div>
<div>11</div> <div>CENTER CLOSED</div>	<div>12</div> <div>Snack Bar 8-4</div> <div>Billiard/Fitness Rm 7-6:30</div> <div>Computer Lab 7-6:30</div> <div>Cards-Poker 8-10:30</div> <div>Nutrition Meal 11:30</div> <div>Games, Games, Games 1-3</div>	<div>13</div> <div>Computer Lab Closed</div> <div>Snack Bar 8-4</div> <div>Billiard/Fitness Rm 7-6:30</div> <div>Wood Shop Lab 8-12</div> <div>Medicare/Hicap by Appt. 10-12</div> <div>Cards-Poker 8-10:30</div> <div>Bridge/Pinochle/Canasta 12-3</div> <div>Nutrition Meal 11:30</div> <div>Bingo 12:15-2:15</div> <div>TGA Tuesday Dance • NOB HILL SOUNDS</div> <div>7:30-10:30pm • "HAWAIIAN NIGHT"</div>	<div>14</div> <div>Computer Lab Closed 8:30-11</div> <div>Billiard/Fitness Rm 7-6:30</div> <div>Snack Bar 8-4</div> <div>Cards-Poker 8-10:30</div> <div>Bridge 9-11:30</div> <div>Blood Pressure Drop-In 9:30-11:30</div> <div>Walk 'n' Talk 10</div> <div>Nutrition Meal 11:30</div> <div>Games, Games, Games 1-3</div>	<div>15</div> <div>DAY IN MONTEREY 8:00</div> <div>NEWCOMERS SOCIAL 10:30</div> <div>Computer Lab Closed</div> <div>Billiard/Fitness Rm 7-6:30</div> <div>Snack Bar 8-4</div> <div>Cards-Poker 8-10:30</div> <div>Lapidary 9-1:30</div> <div>Wood Shop Lab 8-12</div> <div>Nutrition Meal 11:30</div> <div>Thursday Night Dance</div> <div>NOB HILL SOUNDS • 7:30-10:30pm</div>	<div>16</div> <div>Billiards/Fitness Rm 7-4:30</div> <div>Computer Lab 7-4:30</div> <div>Snack Bar 8-4</div> <div>Notary 8-9</div> <div>Lapidary 9-1:30</div> <div>Nutrition Meal 11:30</div> <div>Bingo 12:15-2:15</div>	<div>17</div> <div>Billiards, Computer Lab, Fitness, Lap and Warm Water Pool, Snack Bar 9-2:30</div> <div>Canasta 11-2:30</div>
<div>18</div> <div>CENTER CLOSED</div>	<div>19</div> <div>Snack Bar 8-4</div> <div>Billiard/Fitness Rm 7-6:30</div> <div>Computer Lab 7-6:30</div> <div>Cards-Poker 8-10:30</div> <div>Nutrition Meal 11:30</div> <div>Games, Games, Games 1-3</div>	<div>20</div> <div>FRASINETTI WINERY/"RAT PACK" 8:30</div> <div>Snack Bar 8-4</div> <div>Computer Lab 7-6:30</div> <div>Billiard/Fitness Rm 7-6:30</div> <div>Wood Shop Lab 8-12</div> <div>Medicare/Hicap by Appt. 10-12</div> <div>Cards-Poker 8-10:30</div> <div>Bridge/Pinochle/Canasta 12-3</div> <div>Nutrition Meal 11:30</div> <div>Bingo 12:15-2:15</div> <div>TGA Tuesday Dance</div> <div>BIGGER THAN LIFE • 7:30-10:30pm</div>	<div>21</div> <div>Billiard/Fitness Rm, Computer Lab 7-6:30</div> <div>Snack Bar 8-4</div> <div>Cards-Poker 8-10:30</div> <div>Bridge 9-11:30</div> <div>Blood Pressure Drop-In 9:30-11:30</div> <div>Walk 'n' Talk 10</div> <div>Nutrition Meal 11:30</div> <div>Games, Games, Games 1-3</div> <div>Legal by Appt. 1-3</div>	<div>22</div> <div>MEN'S LEAGUE LUNCH 11:30</div> <div>HEART RATE CLASS 10:00</div> <div>Billiard/Fitness Rm, Computer Lab 7-6:30</div> <div>Snack Bar 8-4</div> <div>Cards-Poker 8-10:30</div> <div>Lapidary 9-1:30</div> <div>Wood Shop Lab 8-12</div> <div>Nutrition Meal 11:30</div> <div>Thursday Night Dance</div> <div>LYRATONES • 7:30-10:30pm</div>	<div>23</div> <div>Billiards/Fitness Rm 7-4:30</div> <div>Computer Lab 7-4:30</div> <div>Snack Bar 8-4</div> <div>Notary 8-9</div> <div>Lapidary 9-1:30</div> <div>Nutrition Meal. 11:30</div> <div>Bingo 12:15-2:15</div>	<div>24</div> <div>Billiards, Computer Lab, Fitness, Lap and Warm Water Pool, Snack Bar 9-2:30</div> <div>Canasta 11-2:30</div>
<div>25</div> <div>CENTER CLOSED</div>	<div>26</div> <div>SENIOR ADVISORY COMM. MEETING 10:00</div> <div>Snack Bar 8-4</div> <div>Billiard/Fitness Rm 7-6:30</div> <div>Computer Lab 7-6:30</div> <div>Cards-Poker 8-10:30</div> <div>Nutrition Meal 11:30</div> <div>Games, Games, Games 1-3</div>	<div>27</div> <div>Snack Bar 8-4</div> <div>Computer Lab 7-6:30</div> <div>Billiard/Fitness Rm 7-6:30</div> <div>Wood Shop Lab 8-12</div> <div>Medicare/Hicap by Appt. 10-12</div> <div>Cards-Poker 8-10:30</div> <div>Bridge/Pinochle/Canasta 12-3</div> <div>Nutrition Meal 11:30</div> <div>Bingo 12:15-2:15</div> <div>TGA Tuesday Dance</div> <div>THE CASUALS • 7:30-10:30pm</div>	<div>28</div> <div>LET'S TALK TRAVEL 12:30</div> <div>Billiard/Fitness Rm, Computer Lab 7-6:30</div> <div>Snack Bar 8-4</div> <div>Cards-Poker 8-10:30</div> <div>Bridge 9-11:30</div> <div>Blood Pressure Drop-In 9:30-11:30</div> <div>Walk 'n' Talk 10</div> <div>Nutrition Meal 11:30</div> <div>Games, Games, Games 1-3</div>	<div>29</div> <div>CACHE CREEK 7:30</div> <div>CLUTTER MASTERS 10:30</div> <div>Billiard/Fitness Rm, Computer Lab 7-6:30</div> <div>Snack Bar 8-4</div> <div>Cards-Poker 8-10:30</div> <div>Lapidary 9-1:30</div> <div>Wood Shop Lab 8-12</div> <div>Nutrition Meal 11:30</div> <div>Thursday Night Dance</div> <div>SERENADERS • 7:30-10:30pm</div>	<div>30</div> <div>Billiards/Fitness Rm 7-4:30</div> <div>Computer Lab 7-4:30</div> <div>Snack Bar 8-4</div> <div>Notary 8-9</div> <div>Lapidary 9-1:30</div> <div>Nutrition Meal. 11:30</div> <div>Bingo 12:15-2:15</div> <div>May Newsletter Available</div>	<div></div>

Monday	Tuesday	Wednesday	Thursday	Friday
ALTRNATIVE MEAL 4/1-4/2 Cobb Salad or Vegetarian Bean Salad or Turkey Sandwich or Vegetarian Patty Burger. 4/5-4/9 Tuna Salad or Vegetarian Cottage Cheese or Roast Beef Sandwich or Vegetarian Cheese Sandwich. 4/12-4/16 Greek Chicken Salad or Vegetarian Bean Salad or Turkey Sandwich or Vegetarian Patty Burger. 4/19-4/23 Chef Salad or Vegetarian Cottage Cheese Salad or Pastrami Sandwich or Vegetarian Cheese Sandwich. 4/26-4/30 Chinese Chicken Salad or Vegetarian Bean Salad or Roast Beef Sandwich or Vegetarian.			4-1 Hot Roast Beef Sandwich w/ Gravy, Cream of Mushroom Soup, Whipped Potatoes w/ Gravy, Broccoli Cuts, Fresh Fruit in Season High Sodium	4-2 Center Closed Spring Holiday
4-5 Cheeseburger w/Lettuce & Tomato, Whole Grain Bun, Confetti Coleslaw, Fresh Fruit in Season, Peanut Butter Cookie High Sodium	4-6 Orange Glazed Chicken, Vegetable Soup, Brown Rice Pilaf m/Mushrooms, Broccoli Cuts, Citrus Spinach Salad, Fortified Juice, Ice Cream Cup High Sodium	4-7 Beef Swiss Style Patty w/ Gravy, Seasoned Noodles, Peas & Carrots, Sweet Relish Slaw, Sliced Pears	4-8 Roast Turkey w/Gravy, Whole Grain Roll, Whipped Potatoes w/Gravy, Mixed Vegetables, Mandarin Oranges	4-9 Pork Cutlet w/Gravy, Cold Macaroni & Peas Salad, Calif. Blend Vegetable, Garden Vegetable Salad w/French, Dressing, Applesauce
4-12 Roast Pork Sandwich w/BBQ Sauce, Whole Grain Bun, Hawaiian Carrots, Marinated Green Bean Salad, Fortified Juice High Sodium	4-13 Baked Fish w/Tartar, Fried Rice Broccoli Cuts, Escalloped Tomatoes, Sliced Peaches	4-14 Roast Pork w/Gravy, Whole Grain Roll, Whipped Potatoes w/Gravy, Spinach, Tropical Fruit Cup, Almond Poppy Seed Cake	4-15 Baked Ham w/Raisin Sauce, Lentil w/Ham Soup, Whole Grain Roll, Whipped Sweet Potatoes, Peas & Onions, Fresh Banana High Sodium	4-16 Chicken Verde, Flour Tortilla, Pinto Beans, Capri Blend Vegetables, Fresh Orange, Flan
4-19 Rotisserie Style Chicken, Rotini Noodles, Calif. Blend Vegetables, Red & Green Slaw, Fresh Fruit in Season, Chocolate Chip Cookie	4-20 Roast Pork w/Gravy, Whole Grain Bread, Delmonico Potatoes, Broccoli & Cauliflower, Fortified Juice, Apple Pie	4-21 Roast Turkey w/Cranberry, Whole Grain Roll, Candied Yams, French Cut Green Beans, Pineapple Mandarin Ambrosia	4-22 Meatloaf w/Gravy, Rye Bread, Whipped Potatoes w/Gravy, Spinach, Fresh Fruit in Season High Sodium	4-23 California Chicken Salad, Corn Chowder Soup, Whole Grain Bread, Mixed Greens & Tomato, Confetti Bean Salad, Tropical Fruit Cup High Sodium
4-26 Baked Ham w/Raisin Sauce, Rye Bread, Oven Baked Red Potatoes, Normandy Blend Vegetable, Fortified, Frosted Yellow Cake	4-27 Honey Mustard Chicken, Whole Grain Bread, Broccoli Cuts, Carrot Raisin Salad, Fresh Fruit in Season	4-28 Spaghetti w/Meatballs, Minestrone Soup, Garlic Bread, Spinach, Romaine Iceberg Salad w/Creamy, Italian Dressing, Chilled Pears, Oatmeal Raisin Cookie High Sodium	4-29 Roast Turkey w/Gravy, Whole Grain Bread, Whipped Potatoes w/Gravy, German Red Cabbage, Mixed Fruit Crisp	4-30 Baked Fish w/Tartar Sauce, Herbed Brown Rice, Asian Blend Vegetable, Country Coleslaw, Fruited Gelatin High Sodium

POOL SCHEDULE

Rules for the Pools

Swimmers, please observe these good hygiene manners before entering any of the Senior Center pools:

1. Shower before swimming.
2. Do not use the pool if you have open cuts or sores, bandages, or illnesses that can be passed to others. This includes diarrhea, colds, coughs, or infected eyes.
3. Swimmers who are incontinent must wear waterproof swim pants. (Our nurses can tell you where to get them.)

Thanks for protecting our water for all to enjoy!



Please note: Routine maintenance will be performed on the spa on April 14 & 28.

The spa will be closed from 1:30 p.m. through the end of the day. It will reopen the next day.

Please note: Natatorium will be closed at 4:30 on Monday April 19 & Wednesday April 21, for TRS swim classes.

Lap Pool Schedule - Lap pool will be limited to 6 swimmers per lane.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 7:00am-1:30pm	Open 7:00am-1:30pm	Open 7:00-10:00am	Open 7:00am-1:30pm	Open 7:00-10:00am	
		Closed for Class 10:00-11:00am		Closed for Class 10:00-11:00am	Open 9:00am-2:30pm
		Open 11:00am-1:30pm		Open 11:00am-1:30pm	
Closed for Maintenance 1:30-3:00pm	Closed for Maintenance 1:30-3:00pm	Closed for Maintenance 1:30-3:00pm	Closed for Maintenance 1:30-3:00pm	Closed for Maintenance 1:30-3:00pm	
Open 3:00-6:30pm	Open 3:00-6:30pm	Open 3:00-6:30pm	Open 3:00-6:30pm	Open 3:00-4:30pm	

Warm Water Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 7:00-9:00am	Open 7:00-9:00am	Open 7:00-9:00am	Open 7:00-9:00am	Open 7:00-9:00am	
Class	Class	Class	Class	Class	
Class	Class	Class	Class	Class	
Class	Class	Class	Class	Class	Open 9:00am-2:30pm
Open 12:30-1:30pm	Open 12:30-1:30pm	Open 12:30-1:30pm	Open 12:30-1:30pm	Open 12:30-1:30pm	
Closed for Maintenance 1:30-3:00pm	Closed for Maintenance 1:30-3:00pm	Closed for Maintenance 1:30-3:00pm	Closed for Maintenance 1:30-3:00pm	Closed for Maintenance 1:30-3:00pm	
	Class 3:00-5:30pm		Class 3:00-5:30pm		
Open 3:00-6:30pm	Open 5:30-6:30pm	Open 3:00-6:30pm	Open 5:30-6:30pm	Open 3:00-4:30pm	

ADVENTURES TO GO

Adventures to Go... carefree travel for ages 50 plus

Try it! We think you'll like it. The Senior Center travel program, Adventures to Go, offers a wide variety of options for travelers 50 years and up. Embark on day trips to different locations throughout Northern California each month. Explore new, exciting destinations in the United States or abroad on extended tours offered throughout the year. A monthly *Adventures to Go* newsletter, travel brochures, detailed itineraries, and registration information are available at the Santa Clara Senior Center. Call (408) 615-3170 for more information.

Senior Center Registration Form: Travelers are required to complete a registration form and liability release each calendar year. Forms are available at the Senior Center and must be completed and submitted to the Senior Center office prior to participation in the travel program.

Adventures to Go Participation Guidelines: For Trip Registration procedures, Refund Policy, Travel Insurance recommendations, and Health and Physical Considerations, see the Santa Clara Senior Center Participation Guidelines, available at the Senior Center.

Day/Overnight Trips Available

Day In Monterey, April 15
Frasinetti Winery & the "Rat Pack," April 20
Disney Museum, May 6
Disney Museum & Presidio, May 14
Follow the Russian River, May 16-18
Alaska Cruise, July 21-31

Filled Trips – Wait List Available

Daffodil Hill & Ironstone Vineyards, April 7
Cache Creek, April 29
Oberammergau, September 1-11

New Releases

New trips are advertised in the Adventures To Go Newsletter, available March 24 at the Santa Clara Senior Center and online at: www.santaclaraca.gov under Parks & Recreation and Senior Center.

The following trips were available at the time this publication was printed. Contact the Senior Center for registration information.

Day in Monterey

Thursday, April 15 • Fee: \$34 per person

Take care of those taxes early and let's go "play" in Monterey. We will drop you off near the Monterey Bay Aquarium and give you 5 hours to do what you please. Whether it be visiting the Aquarium, enjoying a leisurely lunch, or looking for bargains at the shops in the area, you will surely have a great time. Visit to the Aquarium and lunch are not included in price. *Bus leaves promptly at 8:00am and returns at approximately 5:00pm.*

Disney Museum

Thurs., May 6 • Fee: \$72 per person

This trip is designed for the avid Disney fan who would like to explore the Walt Disney Family Museum at their leisure. There will be plenty of time to visit the ten permanent galleries filled with exhibits, memorabilia, and rare film clips recounting Walt Disney's life and career. Take a break mid-day to enjoy a boxed lunch at the Museum Café, operated by Wolfgang Puck. Lunch will include sandwich of your choice: turkey, roast beef, or vegetarian, and chips, fresh fruit, mini dessert, bottled water. There's even time to shop for books and objects relating to the wonderful world of Walt Disney at the Museum Store. Price includes museum admission and lunch. *Bus leaves promptly at 8:15am and returns at approximately 4:30pm.*

Disney Museum & Presidio Walking Tour

Friday, May 14 • Fee: \$64 per person

Spend the day with a Senior Center favorite, San Francisco Tour Guide Craig Smith. Our first stop takes us to the Walt Disney Family Museum for a 2-hour, self-guided tour of the 10 permanent galleries filled with exhibits, memorabilia, and rare film clips recounting Walt Disney's life and career. Afterwards, we'll walk a block to the upscale Marina District for a no-host lunch at a restaurant of your choice in the area. After lunch, Craig will guide us through Presidio National Park starting with a short walk around the Palace of Fine Arts, then to Lucas Arts to explore the campus. Our last stop will take us to Fort Point to see the new historic displays and Visitor's Center/Gift shop. Those who are so inclined can climb the stairs to the top of the point for a fantastic view of the City. Price includes museum admission and Presidio tour. *Bus leaves promptly at 8:15am and returns at approximately 4:45pm.*

ADVENTURES TO GO

Frasinetti Winery & the “Rat Pack”

Tuesday, April 20 • Fee: \$110 per person

We're off to Frasinetti Winery, Sacramento's oldest family owned and operated winery established in 1897. Enjoy a tour of the winery and a tasting. Partake in a delicious meal that includes entrée, bread, seasonal vegetable, Spumoni ice cream dessert, and choice of iced tea, soda, tea, or coffee. Entrée selections include: Filet of Sole Almondine, Lasagna Classico with family meat sauce, Sauteed Chicken Breast with garlic, mushrooms, marsala, and artichoke hearts. Sit back and enjoy a performance by the Dean-O-Holics who will sing “Rat Pack” songs you know and love. *Bus leaves promptly at 8:30 am and returns at approximately 6:00pm.*

Follow the Russian River

Sunday, May 16-Tuesday, May 18 • Fee: \$440 per person, double; \$540 per person, single

Deposit of \$220 per person due at time of registration; balance due April 14.

Join us as we follow the Russian River to the Pacific Coast. Visit Korbel Cellars for a tour and tasting and Kendall Jackson Wine Center for a guided tour of the extensive gardens, including the wine sensory, culinary herbs, edible flower, international cuisine and stunning flower gardens. We'll picnic and taste delicious jams, dressings, and sauces when we visit Kozlowski Farms. See the sculptures of Patrick Amiot when we visit his neighborhood, where the streets are lined with his imaginative creations. Enjoy a two-night stay in a beautifully restored and maintained turn of the century cottage of the Dawn Ranch Lodge, situated on the Russian River. The quaint cottages are appointed with a luxury queen size bed, for roommates to share. The fluffy comforters, refreshingly simple decor and country styling will bring a sense of relaxation and in the spirit of getting away from it all there are no televisions or telephones in the rooms. The individual cottages blend harmoniously into the stunning landscape of ancient apple orchards, bamboo groves, grassy meadows and beautiful gardens. Our stay will include a private tour of the grounds and history presentation by a local Historian and Author. View the properties namesake, two of only a few living Dawn Redwoods in the world. The first evening a three-course hosted meal will be served in the lodge, at the Roadhouse Restaurant. The lodge offers a full

bar, cozy seating, fireplace and big screen T.V. Our trip will take us through small towns and villages, offering unique sites and gift items found at a few out of the way places like; California River Carnivores – a unique nursery featuring over 400 types of insect eating plants – Yikes! Bodega – where Hitchcock's classic thriller “The Birds” was filmed, Duncans Mills – featuring some very unique gift shops, art galleries, and Depot Museum. We'll visit the touching Nicholas Green Bell Memorial, and relax and enjoy a three-course ocean view luncheon in Bodega Bay at the Inn at the Tides. This great getaway allows for free time in Sonoma and a return trip luncheon at the Depot Hotel. All meals are included. *Bus leaves promptly at 8:00am and returns at approximately 5:00pm.*

Alaska Cruise

Wed.-Sat., July 21-31 • starting at \$1765 per person

Cruise roundtrip from San Francisco aboard Princess Cruises Sea Princess. This 10-day voyage includes stops in Victoria, British Columbia and three ports in Alaska: Juneau, Haines, and Ketchikan. Enjoy a day of scenic cruising through Glacier Bay National Park to view the glaciers. Passport required. Price includes transfers to and from San Francisco, meals and entertainment onboard ship, departure and porter gratuities, luggage handling of one suitcase per person, and pre-trip orientation. Choose from Inside, Ocean view, and Balcony cabins; prices vary. Brochures with price information, trip details, and itinerary are available at the Senior Center.

Let's Talk Travel!

April 28, 12:30 p.m.

Join us and Let's Talk Travel! We meet on the fourth Wednesday of the month at 12:30 p.m. in the Mezzanine at the Senior Center. You will learn more about the upcoming trips, be one of the first to hear about new releases, and receive a copy of the latest Adventures to Go newsletter. Open to residents and non-residents age 50 and up. Santa Clara residents can register for newly released tours following Let's Talk Travel; non-residents can register on the following Monday. Call (408) 615-3170 for more information.

SANTA CLARA SENIOR CENTER SERVICES

1303 Fremont St., Santa Clara, California 95050

Phone: (408) 615-3170

Senior Center Staff

Philip Orr - Recreation Supervisor
Alex Amezola - Typist Clerk I
Tito Balan - Nutrition Site Server
Susan Bates - Resource Specialist
Judy Borrego - Mendieta - Office Specialist II
Jessica Carter - Recreation Coordinator
Minette Castro - Typist Clerk I
Judy Dawson - Typist Clerk I
Cheryl Evatt - Typist Clerk I
Barbara Fritch - Typist Clerk I
Francisco Hernandez - Recreation Office Assistant
Ora Hurd - Typist Clerk I
Valerie Kane - Typist Clerk I
Christine Martinez - Typist Clerk I
Carolyn McAllister - Typist Clerk I
Terry Pellegrini - Typist Clerk I
Dawn Ngo - Case Manager
Dana Romagnoli - Recreation Program Coordinator
Evan Rosa - Maintenance Worker I
Vickie Santos - Travel Administrator
Moontha Souvanheuan - Grounds Maintenance Worker I
Jodie Sugiyama - Registered Nurse Practitioner
Nancy Velasco - Office Specialist II
Mallory von Kugelgen - Registered Nurse
John Zegelin - Recreation Specialist

Senior Advisory Commission

Foster Lopes, Chairperson
Dwight Collins
Anne Creighton
Frank Kadlecsek
Donna Marencia
Alice Pivacek
C.A. "Chuck" Roberts

Blood Pressure	Drop in-Wed. 9:30-11:30 a.m. Mon., Tues., Thur., & Fri., By appts.
BART Tickets	Available at Senior Center Cost: \$9 · Value: \$24
VTA Bus Pass	Picture taken at County Transit & Senior Center \$25 Monthly Bus Sticker · Sold at Senior Center
Case Manager	Dawn Pollak (408) 615-3170
Fitness Room	Monday-Thursday 7:00 a.m.-6:30 p.m. Fri. 7:00 a.m.-4:30 p.m. · Sat. 9:00 a.m.-2:30 p.m.
Grab Bars/Ramps/Repairs	Low-interest Rate City of Santa Clara Homeowners Call (408) 615-2490
Health Insurance Medicare	Barbara Purdy By appts. · Free Service Call (408) 615-3170
Home Care Info./ Referral Service	Susan Bates · Donations Accepted Call (408) 615-3181
Income Tax	Scheduled Appts. · Free Service Call (408) 615-3170
Legal Assistance	Age Limit 60+ · By appts. only Call (408) 615-3170
Notary	By Appointment Only. Every Friday 8-9 (15 minute increments) Call (408) 615-3170
Health and Wellness Program	Monday-Friday Mallory von Kugelgen - Registered Nurse Jodie Sugiyama RNP By appts. only Call (408) 615-3170
Nutrition Program	Donation \$2.50 · Mon.-Fri., 11:30 a.m. Reservations Required Call (408) 615-3174
Outreach Transportation	Free Information Service (408) 436-2865
Catholic Charities	Housing Call (408) 325-5277
Library Delivery Homebound	(408) 615-2916

The Senior Center Office Hours are:

Mon-Thurs-7:00 AM-6:30 PM • Friday-7:00 AM-4:30 PM • Saturday-9:00 AM-2:30 PM • Sunday-Closed
Center will be closed Friday, April 2 - Spring Holiday